

Thursday 7th May

Today we are going to learn about why it is important to exercise. See PowerPoint provided.

Think about what happens to your body when you exercise and answer these statements. Are they True or false?

1. Your cheeks turn red when you exercise
2. Your heart will beat slower
3. Your body may feel warmer
4. You might sweat
5. You will not feel thirsty
6. Your breathing may become harder and faster

Spellings

This week are going to learn about suffixes how to add endings '-ing', '-ed', '-er', '-est' to words ending in 'e' with a consonant before it. The 'e' is taken off before adding the endings. Complete the table below by adding the suffixes

	er	est
Nice		
Late		
Ripe		
Brave		
Rude		
	ing	ed
Hike		
Make		

Choose 5 of these words and write them in sentences.